



# Pressure Cooker

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The Electric Pressure Cooker:  
10 Simple and Fool-Proof Recipes

Pressure cookers are fantastic kitchen tools that allow you to cut the cooking time by 2/3, cause less mess and lose fewer nutrients in the process.

A pressure cooker seals the food in an airtight container that doesn't allow any moisture to escape. As a result, it will enable you to cook the food in a shorter time. This appliance usually functions at high temperatures, generating a lot of steam that goes directly into your meal. All our pressure cookers are equipped with a special valve that monitors and releases the moisture inside pressure.

You can effortlessly create a juicy, tender, and substantial meal within 20 minutes.

A recent study conducted by the National Institutes of Health proved that steaming is by far the best method in terms of retaining the highest amount of nutrients in the cooked food compared to stir-frying, boiling, and microwaving.

Our pressure cookers are incredibly safe. They are easy to use, store, and clean. Besides, as pressure cookers lock up the steam inside, your kitchen will stay cool, which is an enormous advantage if you live in southern states where temperatures can soar during the summer months.

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# Sweet & Sour Pork

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## Ingredients:

1-½ pounds boneless pork (cut in strips)	3 tbsp brown sugar
paprika	3 tbsp low-sodium soy sauce
1 tbsp canola oil	1 tbsp Worcestershire sauce
1 can unsweetened pineapple chunks	salt
1 chopped onion	2 tbsp cornstarch
1 chopped green pepper	¼ cup cold water
1 cup cider vinegar	Hot cooked rice

## Directions:

1. Combine pork with paprika. Select saute setting on your pressure cooker, add oil and fry the pork.
2. Drain pineapple, reserving juice. Place the pineapple juice, onion, green pepper, vinegar, brown sugar, soy sauce, Worcestershire sauce and salt to the pressure cooker. Set the pressure-cook on high for 10 minutes. Quick-release the pressure.
3. Select saute setting and bring the liquid to a boil. In a separate bowl, whisk cornstarch and water until smooth; gradually add to the pork mixture. Place pineapple. Cook and stir for 1-2 minutes. Serve over rice.

*Pressure Cooker*

*recipe 1*



# Creamy Tomato Chicken

## Ingredients:

6 chicken thighs  
2 tsp unsalted butter  
1 tsp oil  
1 chopped onion  
1 tbsp minced garlic  
¼ cup white wine  
2 cup tomato sauce  
1.5 tsp Italian seasoning  
½ tsp paprika  
½ tsp pepper  
½ tsp salt  
½ cup cream

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## Directions:

1. In a bowl, marinate the chicken with salt, paprika, Italian seasoning, and garlic powder (½ tsp each).
2. Add 1 tsp butter & oil to the pressure cooker. Place the chicken and brown for 4 minutes, flipping halfway.
3. Add the remaining butter, garlic, and onion. Saute for 2 minutes. Pour in the wine and stir well.
4. Place tomato sauce, Italian seasoning, paprika, salt, and pepper. Stir thoroughly and arrange the chicken in one layer.
5. Cook on high for 5 minutes. Release the pressure for 10 minutes. Quickly release the rest of the pressure.
6. Set the Saute mode, add cream and stir well.
7. Serve the chicken over pasta.

*Pressure Cooker*  
*recipe 2*



# Barbecued Beef Ribs

## Ingredients:

4 pounds beef short ribs  
2 tbsp canola oil  
1 sliced sweet onion  
½ cup water  
1 bottle chili sauce  
¾ cup plum preserves  
2 tbsp brown sugar  
2 tbsp red wine vinegar  
2 tbsp Worcestershire sauce  
2 tbsp Dijon mustard  
ground garlic

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## Directions:

1. Select saute on your electric pressure cooker and adjust for medium heat. Brown the ribs in batches. Remove the ribs and brown the onions. Put the ribs back to the pressure cooker. Add water. Lock lid; close pressure-release valve. Adjust to pressure-cook on high for 40 minutes. Let the pressure release for 10 minutes and then quick-release any remaining pressure.
2. In a saucepan, mix the remaining ingredients. Cook and stir over medium heat. Remove the ribs from the pressure cooker and discard cooking juices.
3. Return ribs to the pressure cooker. Pour sauce over top. Lock lid; close pressure-release valve. Set the pressure cooker on low for 5 minutes. Let the pressure release for 5 minutes and then quick-release any remaining pressure.

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*recipe 3*



# Apple Balsamic Chicken

## Ingredients:

4 bone-in chicken thighs  
½ cup chicken broth  
¼ cup apple juice  
¼ cup balsamic vinegar  
2 tbsp lemon juice  
salt  
garlic powder  
dried thyme  
paprika  
pepper  
2 tbsp butter  
2 tbsp flour

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## Directions:

1. In a bowl, mix the first 9 ingredients.
2. Place the chicken in a pressure cooker. Pour broth mixture over the top. Lock lid; close pressure-release valve. Select to pressure-cook on high for 10 minutes. Allow pressure to release for 10 minutes, after that quick-release any remaining pressure.
3. Remove chicken. Skim fat from cooking liquid.
4. In a saucepan, melt the butter and whisk in flour until smooth. Gradually add cooking liquid. Cook and stir for 2-3 minutes. Serve with chicken.



# Fajitas

## Ingredients:

1-½ pounds beef top sirloin steak  
ground cumin  
seasoned salt  
chili powder  
½ tsp crushed red pepper  
2 tbsp canola oil  
2 tbsp lemon juice  
1 minced garlic clove  
½ cup water  
1 sliced red pepper  
1 sliced onion  
8 flour tortillas

## Directions:

1. In a bowl, mix steak with cumin, salt, chili powder and red pepper flakes.
2. Set saute setting on a pressure cooker. Adjust for medium heat. Brown meat and remove.
3. Add water, lemon juice and garlic. Return beef to the cooker. Lock lid; close pressure-release valve. Set to pressure-cook on high for 20 minutes.
4. Release the pressure for 10 minutes, after that quickly release any remaining pressure. Remove the steak.
5. Add red pepper and onion to the cooker. Lock lid; close pressure-release valve. Set to pressure-cook on high for 5 minutes, then quick-release any remaining pressure. Serve vegetables and steak with warm tortillas.

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Pressure Cooker  
recipe 5



# Cherry & Almond Oatmeal

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## Ingredients:

4 cups vanilla almond milk  
1 cup oats  
1 cup cherries  
cup brown sugar  
½ tsp salt  
½ tsp ground cinnamon

## Directions:

1. Combine almond milk, oats, cherries, sugar, salt, and cinnamon in a pressure cooker.
2. Lock the lid and adjust pressure to high for 12 minutes.
3. When oatmeal is ready, release the pressure for 10 minutes.
4. Quickly release any remaining pressure.

*Pressure Cooker*  
recipe 6



# Mexican Beef Soup

## Ingredients:

1 pound beef stew meat  
2 medium potatoes cut into cubes  
2 cups frozen corn  
2 carrots cut slices  
1 chopped onion  
2 minced garlic cloves  
1 tsp dried oregano  
1 tsp ground cumin  
½ tsp salt  
¼ tsp crushed red pepper flakes  
2 cups beef stock  
1 can diced tomatoes and green chiles

## Directions:

1. Combine all the ingredients in a pressure cooker. Select to pressure-cook on high for 15 minutes.
2. Release the pressure for 10 minutes, followed by quick-releasing any remaining pressure.
3. Serve with sour cream and chips.

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*Pressure Cooker*  
recipe 7



# Creamy Chicken Pasta

## Ingredients:

extra virgin olive oil  
1 tbsp butter  
2 chopped garlic cloves  
8 ounces mushrooms  
2 chicken breasts  
1 can chicken broth  
1 cup milk  
1 pound pasta  
8 ounces cream cheese  
grated parmesan cheese  
basil  
black pepper

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## Directions:

1. Set your pressure cooker to the sauté setting and add the olive oil with butter. Sauté the garlic for a few minutes.
2. Add the mushrooms, and sauté for 3-5 minutes.
3. Place the chicken, stock, pasta, and cream. Lock the lid. Pressure cook on high for 5 minutes
4. Release the pressure and add cream cheese.
5. Serve with parmesan, basil, and freshly ground black pepper.



# Potato Soup

## Ingredients:

extra-virgin olive oil  
1 ½ cups diced white onion  
3 large diced potatoes  
1 cup raw cashews  
6 cloves garlic  
6 cups chicken broth  
1 tbsp nutritional yeast  
1 tsp kosher salt  
freshly ground black pepper  
chopped green onion

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## Directions:

1. Set your pressure cooker on sauté mode and heat the oil for 5 minutes.
2. Add the onions and cook for 10 minutes.
3. Place the potatoes, cashews, garlic, chicken stock and nutritional yeast in a cooker. Stir thoroughly.
4. Set the cooker on soup/stew mode. When the program is finished, release the pressure.
5. Purée the hot soup with a blender until smooth.
6. Add the salt and freshly ground black pepper.
7. Serve with chopped green onion.

*Pressure Cooker*

*recipe 9*



# Salmon with Veggies

## Ingredients:

2 salmon fillets  
olive oil spray  
2 small diced potatoes  
Salt & any spice mix  
¼ cup water  
1 sliced orange  
2 small heads of broccoli  
freshly ground black pepper

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## Directions:

1. Spray the inside of your pressure cooker with olive oil.
2. Add potatoes and sprinkle with salt and oil. Add the water.
3. Place a half of the orange slices on the potatoes. Add the fish on top of the oranges.
4. Spread some seasoning on the tops of the fish fillets. Lay the rest of the orange slices on top of the fish..
5. Add the broccoli, spray with olive oil and add a little bit of salt.
6. Pressure cook for 3 minutes on high. When the program is complete, quickly release the steam..
7. Serve the fish with broccoli and potatoes.



The Electric Pressure Cooker is an excellent kitchen tool that will help you cook delicious meals in no time!

These recipes in this cookbook are designed with easy-to-follow prep instructions and minimal cleanup in mind.

It doesn't matter if you're an experienced cook or only a beginner, you will absolutely enjoy this cookbook and will return to it again and again.

Become a real pro using a whole variety of flavorful, fresh, and nutritious ingredients on a daily basis!